



AFTERSCHOOL PROGRAMS: Fun Physical Activity



Name of Activity: Hoop it Up!

Grade Level: K-2

Equipment

- 1 hoop per student
- Boundaries

Skill Themes

- Throwing & Catching
- Jumping & Landing
- Transferring Weight

Movement Concepts

- Effort (time)
- Spatial Awareness (directions)
- Relationships (with people)

Organization:

- Students scattered in self-space within boundaries, each with a hoop.

Description

- Students follow teacher directions with their own hoop
 - Roll hoop with hand & follow it around area. Now try doing one lap around boundaries. Try the other hand.
 - Hold hoop up over head like a big halo & let go without letting it touch your body.
 - What machine can you invent with your hoop?
 - Toss hoop in the air so you can catch it.
 - Hold hoop in front of you & spin it like a coin. How many times can you run around it before it stops spinning?
 - Find a partner & roll one hoop back & forth. Add the second hoop, & roll 2 in opposite directions to each other.
 - Roll the hoop with a reverse spin to make it come back to you (boomerang). Can you jump over it? Climb through it? Catch it on your arm?

Teaching Suggestions

- Be sure students have enough space for safety.

Now Try This

- Challenge students to create a hoop routine using the tasks above.



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